

Full Report (All Nutrients) 01157, Cheese, goat, semisoft type

Report Date: December 09, 2015 13:55 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	45.52	464	0.438	12.90
Energy	kcal	364	--	--	103
Energy	kJ	1523	--	--	432
Protein	g	21.58	26	0.920	6.12
Total lipid (fat)	g	29.84	464	0.419	8.46
Ash	g	2.94	11	0.157	0.83
Carbohydrate, by difference	g	0.12	--	--	0.03
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.12	--	--	0.03

Minerals

Calcium, Ca	mg	298	29	54.499	84
Iron, Fe	mg	1.62	6	0.616	0.46
Magnesium, Mg	mg	29	24	3.355	8
Phosphorus, P	mg	375	16	27.884	106
Potassium, K	mg	158	11	13.493	45
Sodium, Na	mg	415	--	--	118
Zinc, Zn	mg	0.66	21	0.088	0.19
Copper, Cu	mg	0.564	9	0.026	0.160
Manganese, Mn	mg	0.093	9	0.004	0.026
Selenium, Se	µg	3.8	--	--	1.1

Vitamins

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.072	14	0.009	0.020

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Riboflavin	mg	0.676	14	0.049	0.192
Niacin	mg	1.148	14	0.126	0.325
Pantothenic acid	mg	0.190	--	--	0.054
Vitamin B-6	mg	0.060	--	--	0.017
Folate, total	µg	2	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	1
Folate, DFE	µg	2	--	--	1
Choline, total	mg	15.4	--	--	4.4
Vitamin B-12	µg	0.22	--	--	0.06
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	407	--	--	115
Retinol	µg	401	--	--	114
Carotene, beta	µg	77	--	--	22
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1464	--	--	415
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1
Vitamin D	IU	22	--	--	6
Vitamin K (phylloquinone)	µg	2.5	--	--	0.7
Lipids					
Fatty acids, total saturated	g	20.639	--	--	5.851
4:0	g	1.496	20	--	0.424
6:0	g	0.656	20	--	0.186
8:0	g	0.806	20	--	0.229
10:0	g	2.879	20	--	0.816
12:0	g	1.318	20	--	0.374
14:0	g	3.026	20	--	0.858

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
16:0	g	7.809	20	--	2.214
18:0	g	2.648	20	--	0.751
Fatty acids, total monounsaturated	g	6.808	--	--	1.930
16:1 undifferentiated	g	0.709	20	--	0.201
18:1 undifferentiated	g	6.099	20	--	1.729
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.709	--	--	0.201
18:2 undifferentiated	g	0.709	20	--	0.201
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	79	7	2.040	22
Amino Acids					
Tryptophan	g	0.227	--	--	0.064
Threonine	g	0.805	--	--	0.228
Isoleucine	g	0.893	--	--	0.253
Leucine	g	1.861	--	--	0.528
Lysine	g	1.549	--	--	0.439
Methionine	g	0.575	--	--	0.163
Cystine	g	0.098	--	--	0.028
Phenylalanine	g	0.859	--	--	0.244
Tyrosine	g	0.842	--	--	0.239
Valine	g	1.485	--	--	0.421
Arginine	g	0.639	--	--	0.181
Histidine	g	0.589	--	--	0.167
Alanine	g	0.372	--	--	0.105
Aspartic acid	g	1.072	--	--	0.304
Glutamic acid	g	4.022	--	--	1.140
Glycine	g	0.244	--	--	0.069

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proline	g	2.612	--	--	0.741
Serine	g	0.829	--	--	0.235
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0